



about FABULOUS FISH DISHES . . .

Fish is one of the main protein foods, providing a welcome change from meat. This set contains a variety of delicious recipes for main meals and first courses, from the humble fish finger to exotic calamari, with sauces to accompany them.

Ellen Sinclair

*Ellen Sinclair, Food Editor
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**New ways — and some popular favorite recipes
— with fish and shell-fish to make delightful
family meals, or superb first courses.**



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ACCOMPANIMENTS FOR FISH

COLBERT BUTTER

(shown on Divider Card of this Set)

Beat 125 g (4 oz.) butter until creamy, gradually beat in 1 tablespoon lemon juice. Beat in 1 tablespoon chopped parsley and ¼ teaspoon tarragon; season with salt and pepper. Shape butter into cylinder shape, refrigerate until firm. Cut into slices to top hot fried fish.

SAUCE MIMOSA

1 cup mayonnaise	2 gherkins
salt, pepper	1 teaspoon capers
1 teaspoon lemon juice	1 tablespoon chopped parsley
1 teaspoon french mustard	2 hard-boiled eggs
1 teaspoon vinegar	

Combine mayonnaise, salt and pepper, lemon juice, mustard and vinegar. Finely chop gherkins and capers, mix into mayonnaise with parsley. Separate yolks from whites of eggs, finely chop whites, add to sauce. Finely sieve the yolks and fold into the sauce, mix well. Refrigerate before serving.

Photography by Garry Isaacs

BUTTER-CRUMBED FISH FILLETS**BUTTER-CRUMBED FISH FILLETS**

4 fish fillets (bream or
snapper)

flour

salt, pepper

1 egg

2 tablespoons milk

4 cups fresh breadcrumbs
(approximately ½ loaf)

125 g (4 oz.) butter

Skin and bone fillets. Season flour with salt and pepper, lightly beat egg with milk. Coat fillets in seasoned flour, dip in egg mixture, coat in breadcrumbs, press on till firm. Refrigerate 30 minutes.

Melt butter in pan, gently fry fillets until cooked and golden brown on both sides, turning once. Serve with Mustard Mayonnaise.

Serves 2 as a main course, or 4 as an entree.

MUSTARD MAYONNAISE

1 cup mayonnaise

salt, pepper

2 teaspoons french mustard

3 teaspoons lemon juice

4 shallots or spring onions

1 teaspoon grated green
ginger

Chop shallots. Combine all ingredients, mix well. Refrigerate 1 hour before serving.

BAKED SNAPPER



BAKED SNAPPER

1 whole snapper (1.5 kg to
 2 kg) (3 lb. to 4 lb.)
 1½ cups cooked rice
 1 stick celery
 1 onion
 ½ cup chopped green pepper
 salt, pepper
 90 g (3 oz.) butter
 3 tablespoons lemon juice

1 tablespoon grated green
 ginger
 1 teaspoon soy sauce
 6 shallots or spring onions
 salt, pepper
 1 large tomato
 1 large onion, extra
 2 tablespoons finely-chopped
 parsley

Wash and scale fish. Combine in bowl rice, diced celery, peeled and finely-chopped onion, green pepper, salt and pepper, mix well. Stuff fish firmly with rice mixture; place in well-greased baking dish.

Melt butter in pan, remove from heat; add lemon juice, ginger, soy sauce, chopped shallots, salt and pepper. Pour over fish. Bake uncovered, in moderately slow oven 40 to 50 minutes, or until fish is cooked, basting frequently with pan juices while cooking.

Peel extra onion, cut into slices, slice tomato. Half-way through cooking time, arrange tomato and onion slices alternately over fish. Place fish on serving plate when cooked, pour pan juices over. Sprinkle with parsley.

Serves 4.

FISH AND CHIPS



FISH AND CHIPS

4 fish fillets
cornflour
2 cups self-raising
flour

salt, pepper
1 ¼ cups water, (approx.)
oil for deep frying

Skin fillets, remove as many bones as possible. Lightly coat in cornflour. Sift flour, salt and pepper into small bowl, add water gradually, beating well until smooth and a good pouring-batter consistency.

Dip fish into batter to coat, deep-fry in hot oil 1 minute. Remove, drain, allow oil to reheat, refry until golden brown and cooked through. Drain on absorbent paper before serving. Serve with chips and Tartare Sauce.

Serves 4.

TARTARE SAUCE

¾ cup mayonnaise
2 tablespoons capers
2 tablespoons chopped
gherkins

1 teaspoon chopped chives
1 tablespoon chopped
parsley
salt, pepper

In small bowl combine mayonnaise, finely-chopped capers, gherkins, chives, parsley, season with salt and pepper, mix well.

SWEET AND SOUR SAUCE



1 tablespoon oil
 1 medium onion
 1 medium carrot
 ½ green pepper
 ½ red pepper
 1 small cucumber
 470 g (15 oz.) can
 pineapple pieces
 2 teaspoons grated green
 ginger

2 tablespoons arrowroot
 ½ cup white vinegar
 2 teaspoons sugar
 3 teaspoons tomato sauce
 2 teaspoons soy sauce
 water
 1 chicken stock cube
 salt, pepper
 4 shallots or spring onions

Heat oil, gently saute peeled and finely-sliced onion, thinly-sliced carrot and peppers 2 or 3 minutes. Drain pineapple, reserve syrup; add pineapple pieces to pan with peeled and diced cucumber, stir to combine, remove from pan.

Blend arrowroot and ginger with vinegar, sugar, tomato sauce and soy sauce; add sufficient water to reserved pineapple syrup to measure 1 cup. Add to pan with crumbled stock cube. Cook, stirring, until sauce boils and thickens, season with salt and pepper. Return vegetables to pan, reheat thoroughly. Slice shallots diagonally, add half to sauce. Spoon sauce over fish, sprinkle with remaining shallots.

CHINESE SWEET AND SOUR SAUCE

Combine ½ cup brown vinegar, pinch salt, 1 cm (½ in.) piece crushed, finely-chopped green ginger, 1 cup canned pineapple juice, 1 teaspoon soy sauce, 3 teaspoons tomato sauce and ½ cup sugar in pan. Blend 2 tablespoons cornflour with 2 tablespoons water, add to pan, stir until sauce boils and thickens; reduce heat, simmer 2 minutes. Drain and thinly slice 200 g (6½ oz.) can Chinese mixed pickles, add to sauce, reheat gently. Slice 4 shallots or spring onions diagonally, add half to sauce, sprinkle remainder over fish.

Spoon either of these sauces over cooked whole fish or fish pieces or over cooked fish fingers.

TROUT WITH ALMONDS



TROUT WITH ALMONDS

2 whole trout (or other
whole fish)

flour

salt, pepper

60 g (3 oz.) butter

$\frac{1}{3}$ cup slivered or flaked
almonds

2 tablespoons chopped
parsley

1 tablespoon lemon juice

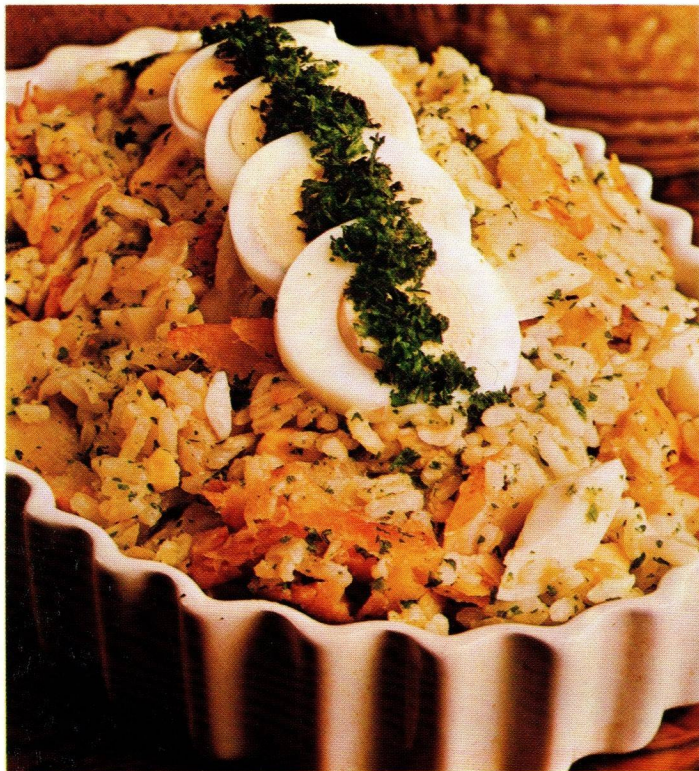
Toss trout in flour seasoned with salt and pepper. Heat butter in pan, add trout, cook gently for approximately 5 minutes each side. Remove from pan; keep warm.

Add almonds to pan, saute until golden brown, remove from pan. Add parsley and lemon juice to remaining butter in pan (add an extra 30 g [1 oz.] butter, if necessary), stir until combined.

Put trout on serving plates, sprinkle with almonds, spoon over the parsley-butter.

Serves 2.

HADDOCK KEDGEREE



HADDOCK KEDGEREE

½ cup long-grain rice
500 g (1 lb.) smoked
haddock
3 hard-boiled eggs

90 g (3 oz.) butter
salt, pepper
1 tablespoon lemon juice
⅓ cup chopped parsley

Cook rice in large quantity of boiling salted water until tender, 12 to 15 minutes; drain. Cover fish with water, bring to boil, reduce heat, simmer until tender, approximately 5 to 10 minutes; drain and flake, removing any bones. Shell and chop two of the eggs.

Melt butter in saucepan, add fish and rice. Season with pepper (taste; the fish may contain enough salt — add salt, if necessary). Stir in chopped eggs, heat thoroughly. Add lemon juice and half the parsley; garnish with remaining egg, cut into slices and with remaining parsley.

Serves 4 as an entree, or 2 to 3 as a main course.

Note: 250 g (8 oz.) can of salmon can be substituted for the haddock. Drain salmon, remove bones, add to rice with chopped eggs etc.

SALMON CROQUETTES

SALMON CROQUETTES



250 g (8 oz.) can salmon

1 small onion

1½ cups mashed potato,
(3 medium potatoes,
approx.)

1 teaspoon curry powder

2 tablespoons chopped
parsley

1 tablespoon lemon juice

1 egg-yolk

salt, pepper

1 egg, for glazing

¼ cup milk

packaged dry breadcrumbs

oil for deep-frying

Drain salmon, remove bones, flake into bowl. Peel and finely chop onion, add to salmon with potato, curry powder, parsley, lemon juice, lightly beaten egg-yolk and salt and pepper, mix thoroughly. Refrigerate until firm. Mould mixture into croquette shapes, approximately 2.5 cm (1 in.) thick by 5 cm (2 in.) long.

Dip croquettes into combined beaten egg and milk, coat in breadcrumbs, press on firmly. Refrigerate 1 hour. Deep-fry in hot oil until golden brown, drain on absorbent paper.

Makes about 12.

SALMON QUICHE



PASTRY

1 cup plain flour
pinch salt
90 g (3 oz.) butter

1 egg-yolk
1 tablespoon lemon juice

Sift flour and salt into bowl. Rub in butter until mixture resembles fine breadcrumbs. Mix to a firm dough with lightly-beaten egg-yolk and lemon juice; add one to two teaspoons of water, if necessary. Turn pastry on to lightly-floured surface, knead lightly. Roll out to line base and sides of 23 cm (9 in.) flan tin. Refrigerate 1 hour.

FILLING

250 g (8 oz.) can red
salmon
4 rashers bacon
1½ cups cream
3 eggs
salt, pepper

½ teaspoon paprika
2 tablespoons chopped
parsley
1 tablespoon grated
parmesan cheese

Drain salmon, reserving liquid; flake salmon lightly, remove bones. Dice bacon, fry gently until crisp, remove from pan, drain well. Beat together cream, eggs, salt and pepper, paprika, parsley, parmesan cheese and reserved salmon liquid.

Place flan tin on oven tray. Place salmon evenly in base of pastry shell, sprinkle bacon over, carefully pour over egg mixture. Bake in moderately hot oven 10 minutes, reduce heat to moderately slow, cook further 30 to 35 minutes, or until set.

Serves 6.

SALMON MORNAY**SALMON MORNAY**

60 g (2 oz.) butter
 4 tablespoons plain flour
 salt, pepper
 ¼ teaspoon dry mustard
 pinch cayenne
 2½ cups milk

3 gherkins
 2 hard-boiled eggs
 220 g (7 oz.) can salmon
 1 chicken stock cube
 4 shallots or spring onions

Melt butter, add flour, salt, pepper, mustard and cayenne; cook, stirring, 1 minute. Gradually add milk, stir until sauce boils and thickens, cook 1 minute. Remove from heat, add finely-sliced gherkins, roughly chopped eggs, drained and flaked salmon, crumbled stock cube and chopped shallots.

Spoon into greased ovenproof dish, sprinkle topping over top, bake in moderate oven 20 to 25 minutes until heated through and golden brown.

Serves 4.

TOPPING

1 cup fresh breadcrumbs
 2 tablespoons butter
 30 g (1 oz.) cheese

1 tablespoon chopped
 parsley

Combine breadcrumbs, melted butter, grated cheese and parsley.

TUNA PIE



TUNA PIE

RICE CASE

1½ cups long-grain rice
 1 small onion
 30 g (1 oz.) butter

1 egg
 salt, pepper
 ½ teaspoon curry powder

Cook rice in large saucepan of boiling salted water 12 to 15 minutes; drain. Mix rice, peeled and finely-chopped onion, melted butter, lightly beaten egg, salt and pepper and curry powder, mix well. Press on base and sides of lightly greased 23 cm (9 in.) pie plate.

FILLING

220 g (7 oz.) can tuna
 1 small onion
 2 eggs
 125 g (4 oz.) cheese
 ½ cup milk

salt, pepper
 ¼ teaspoon dry mustard
 1 tablespoon chopped
 parsley

Drain tuna, reserve liquid. Peel and finely chop onion. Spoon flaked tuna over base of rice shell. Combine lightly beaten eggs, grated cheese, milk, salt and pepper, mustard, parsley, chopped onion, and reserved tuna liquid, pour gently over tuna. Bake in moderately slow oven approximately 1 hour, or until firm.

Serves 4.

SCALLOPS IN CREAM SAUCE



SCALLOPS IN CREAM SAUCE

500 g (1 lb.) scallops
6 shallots or spring onions
190 g (6½ oz.) can
button mushrooms
60 g (2 oz.) butter
3 tablespoons flour
salt, pepper

¼ teaspoon dry mustard
1 cup cream
2 egg-yolks
30 g (1 oz.) butter, extra
1 cup fresh breadcrumbs
paprika

Wash and trim scallops, place in pan with finely-chopped shallots, drained mushrooms and 1 cup of reserved fish stock (see below). Gently heat until boiling, reduce heat, simmer for 2 to 3 minutes, remove from heat, strain and again reserve liquid; set scallops and mushrooms aside.

Melt butter, stir in flour, salt, pepper and mustard; cook, stirring, 1 minute. Gradually add 1 cup of reserved stock; cook, stirring, until mixture boils and thickens. Stir in cream and lightly-beaten egg-yolks, continue stirring over low heat 1 minute.

Add scallops and mushrooms, heat through gently. Spoon into four heatproof serving dishes. Melt extra butter, add breadcrumbs, toss to coat the crumbs with butter, sprinkle over dishes, sprinkle lightly with paprika. Place under griller until crumbs are golden.

Serves 4.

FISH STOCK

1 cup water
1 cup dry white wine
1 bayleaf
4 peppercorns
1 onion

salt, pepper
parsley
fish bones, or fish fillet
or a fish head

Combine water, wine, bayleaf, peppercorns, roughly-chopped onion, salt, pepper, few sprigs of parsley, and fish bones or chopped fillet. Bring to boil, reduce heat, simmer, uncovered, 20 minutes, strain, reserve stock.

SCALLOPS BROCHETTE



SCALLOPS BROCHETTE

500 g (1 lb.) scallops
lemon juice
salt, pepper

paprika
butter

Wash and trim scallops, thread on skewers. Allow 4 to 6 scallops to each skewer. Brush with melted butter. Sprinkle with lemon juice, salt, pepper and paprika.

Place under hot griller 3 to 4 minutes or until scallops are just golden brown; turn, cook other side, basting with melted butter. Serve on hot rice which has chopped parsley tossed through it. Garnish with lemon wedges and parsley.

Serves 2 to 3.

CRUMBED FRIED SCALLOPS

500 g (1 lb.) scallops
2 tablespoons lemon juice
flour
salt, pepper

1 egg
¼ cup milk
packaged dry breadcrumbs
oil for deep-frying

Wash and trim scallops, spoon lemon juice over, allow to stand 5 minutes; drain off lemon juice. Season flour with salt and pepper; lightly beat egg and milk together. Roll scallops in flour, toss in egg mixture, coat in breadcrumbs, press on crumbs to firm.

Heat oil, add scallops a few at a time, reduce heat, cook gently until golden brown, 2 to 3 minutes. Repeat with remaining scallops. Serve with Lemon Sauce.

Serves 4 as an entree or 2 as a main course.

LEMON SAUCE

Combine ½ cup mayonnaise, 1 teaspoon grated lemon rind, 2 tablespoons lemon juice, 1 teaspoon grated green ginger, 1 tablespoon tomato sauce, 2 finely-chopped shallots or spring onions, 1 teaspoon white vinegar and salt and pepper. Lightly whip ⅔ cup cream, fold into mayonnaise mixture, mix well. Refrigerate 1 hour before using.

CHINESE PRAWNS



1 kg (2 lb.) green prawns
 2 tablespoons oil
 2 tablespoons brandy
 2 cloves garlic

salt, pepper
 2 tablespoons oil, extra
 ½ cup tomato sauce

Shell prawns, leaving tails intact; remove black veins. Combine prawns with oil, brandy, crushed garlic, salt and pepper. Refrigerate several hours.

Heat extra oil in frying pan or wok, add prawns, saute gently until prawns are pink and cooked, quickly add tomato sauce, stir to combine, serve immediately.

Serves 4.

FISH PATE

125 g (4 oz.) butter
 500 g (1 lb.) fish fillets
 ½ cup dry white wine
 salt, pepper
 1 bayleaf

½ cup cream
 1 chicken stock cube
 ½ cup mayonnaise
 1 teaspoon grated lemon rind

Remove skin and all bones from fish; cut fish into large pieces. Melt butter in pan, add fish, wine, salt, pepper, crumbled stock cube and bayleaf. Cover, bring to boil, reduce heat, simmer 5 minutes or until fish is just cooked. Remove fish from liquid; discard bayleaf. Bring liquid to boil, boil uncovered until nearly all liquid has evaporated. Add cream, stir until combined. Place fish in blender, add cream mixture. Blend on medium speed until smooth. Spoon into serving dish, refrigerate until firm. Combine mayonnaise and lemon rind. Spoon mayonnaise mixture evenly over pate. Refrigerate until ready to serve.

PRAWN CUTLETS



1 kg (2 lb.) green king
prawns
flour
salt, pepper

1 egg
¼ cup milk
packaged dry breadcrumbs
oil for deep frying

Shell prawns, leaving tail intact. Cut almost through down back, remove black vein. Gently press prawns flat. Coat in flour seasoned with salt and pepper. Beat egg with milk. Dip prawns in, then coat well with breadcrumbs; pat to firm. Refrigerate 30 minutes.

Deep-fry in hot oil until golden brown and cooked through, approximately 2 minutes. Serve with lemon wedges and Remoulade Sauce or Tartare Sauce (see Fish and Chips recipe card).

Serves 4 as an entree or 2 as a main course.

SAUCE REMOULADE

1 cup mayonnaise
2 tablespoons finely-
chopped dill pickle or
gherkin
2 teaspoons finely-chopped
capers
1 teaspoon prepared
mustard

1 tablespoon finely-
chopped parsley
¼ teaspoon worcestershire or
anchovy sauce
2 tablespoons whipped
cream
salt, pepper

Combine all ingredients, except cream, mix well. Stir in cream just before serving.

PRAWNS A LA AMERICAINE



PRAWNS A LA AMERICAINE

90 g (3 oz.) butter
 2 medium onions
 1 clove garlic
 2 470 g (15 oz.) cans
 whole tomatoes

2 cups dry white wine
 1 bayleaf
 salt, pepper
 1 kg (2 lb.) prawns
 6 shallots or spring onions

Melt butter, add peeled and finely-chopped onions and crushed garlic, saute until onion is transparent.

Add undrained tomatoes (crush tomatoes, using potato masher), wine and bayleaf. Season with salt and pepper. Bring to boil, reduce heat, simmer uncovered 30 to 40 minutes, or until sauce is reduced and thickened. Remove bayleaf.

Add shelled prawns and chopped shallots, simmer gently until prawns are heated through, approximately 5 minutes. Serve with hot fluffy rice.

Serves 4.

LOBSTER NEWBURG



LOBSTER NEWBURG

750 g (1½ lb.) cooked
lobster
60 g (2 oz.) butter
¼ cup brandy

½ cup madeira
⅔ cup cream
2 egg-yolks
salt, pepper

Cut lobster in half; remove flesh, cut into pieces. Melt butter in pan, add lobster meat, saute 1 minute; remove from pan.

Add brandy to pan, set alight, allow flame to die out, add madeira. Simmer a few minutes then add cream, reserving 2 tablespoons. Simmer until slightly reduced. Season with salt and pepper, remove from heat and add lightly beaten egg-yolks mixed with reserved cream.

Heat gently, stirring, until mixture thickens slightly, add lobster meat, heat through, do not allow to boil. Serve with triangles of hot toast.

Serves 2.

LOBSTER THERMIDOR



LOBSTER THERMIDOR

750 g (1½ lb.) cooked

lobster

1 cup milk

1 small onion

3 cloves

1 bayleaf

30 g (1 oz.) butter

2 tablespoons flour

30 g (1 oz.) butter, extra

4 shallots or spring onions

½ cup dry white wine

1 cup cream

salt, pepper

½ teaspoon prepared

mustard

125 g (4 oz.) gruyere

cheese

Cut lobster in half; remove flesh, cut into large pieces; reserve shells. Combine milk with peeled and sliced onion, cloves and bayleaf. Bring to boil, strain, reserve liquid.

Melt butter in pan, stir in flour and cook 1 minute without browning. Gradually stir in hot milk; cook, stirring, until mixture boils and thickens; set aside.

Melt extra butter in pan, add chopped shallots, cook few minutes. Add wine, reduce over high heat to half quantity; add the white sauce and cream, season with salt, pepper and mustard. Cook gently, stirring, for 5 minutes.

Stir in three-quarters of the grated cheese, stir until cheese melts, add lobster meat. Fill mixture into lobster shells, sprinkle with remaining cheese, brown under hot griller or in hot oven.

Serves 2.

CRAB CANNELLONI



CRAB CANNELLONI PANCAKES

$\frac{1}{2}$ cup plain flour
pinch salt

1 egg
 $\frac{3}{4}$ cup milk

Sift flour and salt into bowl. Add egg and a little of the milk, mix to a smooth batter. Gradually beat in remaining milk. Allow to stand 1 hour. Heat pan, grease lightly. From small jug pour 2 to 3 tablespoons of the batter to cover pan. Cook slowly, loosening edges with knife until golden brown and set. Turn, brown on other side. Repeat with remaining batter.

CRAB FILLING

250 g (8 oz.) fresh or
frozen crab

$\frac{1}{2}$ teaspoon worcestershire
sauce

30 g (1 oz.) butter

$\frac{1}{2}$ teaspoon french mustard

4 shallots or spring onions
salt, pepper

2 tablespoons dry sherry
parmesan cheese

Thaw crab, if necessary. Heat butter in pan, add crab, chopped shallots, worcestershire sauce, mustard, sherry, salt and pepper. Stir few minutes until heated through. Remove from heat, divide crab mixture evenly between the pancakes. Roll pancakes up, place on to individual heatproof serving plates, or in shallow casserole. Spoon Mornay Sauce over, sprinkle with grated parmesan cheese. Place under hot grill or into moderate oven until golden brown.

MORNAY SAUCE

Heat 60 g (2 oz.) butter in pan, add $2\frac{1}{2}$ tablespoons flour, stir until combined. Remove from heat, gradually add 1 cup milk. Return to heat, stir until sauce boils and thickens, add $\frac{1}{2}$ cup cream and 60 g (2 oz.) grated cheese, stir until cheese melts. Season with salt and pepper. Simmer uncovered 2 minutes, stirring constantly.

Serves 6 as an entree, or 3 as a main course.

CURRIED PRAWNS



CURRIED PRAWNS

1 kg (2 lb.) prawns
 60 g (2 oz.) butter
 1 tablespoon curry
 powder
 2 sticks celery
 1 large onion
 ½ green pepper
 1 medium tomato

4 tablespoons flour
 salt, pepper
 1½ cups water
 1 cup milk
 2 chicken stock cubes
 1 teaspoon sugar
 1 tablespoon lemon juice

Shell and de-vein prawns. Melt butter, add curry powder, chopped celery, onion and pepper, saute gently 2 to 3 minutes.

Peel and chop tomato, add to pan, cook further 2 minutes. Stir in flour, salt, pepper, cook 1 minute. Gradually add water and milk; add crumbled stock cubes, continue stirring until sauce boils and thickens.

Reduce heat, add sugar and lemon juice, simmer 20 to 25 minutes, stirring occasionally. Add prawns, allow to just heat through. Serve with hot rice.

Serves 4.

GARLIC PRAWNS



GARLIC PRAWNS

5 to 6 green king prawns

oil

1 large clove garlic

chopped parsley

1 small chilli

Shell prawns, leaving tails on; remove black veins. Halve chilli, remove seeds.

Half-fill small heatproof dishes with oil, place on shallow tray, put into moderately hot oven until oil is hot. (Or heat over barbecue fire.) Add crushed garlic, chilli and prawns. Cook further 3 to 5 minutes until prawns are pink and oil is sizzling.

Serve at once, sprinkled with chopped parsley.

Allow the above quantities for each serving.

GARLIC OYSTERS

24 oysters on half shell

6 shallots or spring

125 g (4 oz.) butter

onions

salt, pepper

1 tablespoon finely-chopped

3 cloves garlic

parsley

Put oysters on oven tray, or heat-proof serving dishes. Combine butter, salt, pepper, crushed garlic, finely-chopped shallots and parsley in saucepan, stir over low heat until butter melts. Spoon over oysters, place under heated griller for 1 or 2 minutes, just to warm through.

Serves 4 as an entree or 2 as a main course.

MUSSELS MARINIÈRE



MUSSELS MARINIÈRE

2 cups dry white wine

1 onion

1 bayleaf

4 peppercorns

few sprigs parsley

4 shallots or spring onions

2 kg (4 lb.) mussels

8 shallots or spring onions, extra

125 g (4 oz.) butter

4 tablespoons flour

$\frac{3}{4}$ cup cream

salt, pepper

2 tablespoons chopped parsley

Place wine, peeled and roughly-chopped onion, bayleaf, peppercorns, parsley and chopped shallots in saucepan; cover, bring to boil, reduce heat, simmer 5 minutes.

Strain, reserve liquid; return liquid to saucepan, add well-scrubbed and washed mussels and extra chopped shallots; cover, boil gently 5 to 6 minutes or until mussels open; drain, reserving liquid.

Remove one shell from each mussel, leaving the meat attached to the other shell. Place mussels on to serving dish, keep warm. Reduce liquid in pan by half over high heat.

Cream together butter and flour, add to liquid in pan. Stir until sauce boils and thickens. Add chopped parsley, season with salt and pepper. Stir in cream, heat through, pour over mussels.

Serves 4.

CHINESE BREAM



CHINESE BREAM

500 g to 750 g (1 to 1½ lb.)

whole bream

water

salt

2.5 cm (1 in.) piece
green ginger

2 tablespoons soy sauce

4 shallots or spring onions

2.5 cm (1 in.) piece green

ginger, extra

3 tablespoons oil

Clean and scale fish. Put on to boil a shallow pan with water (enough to cover fish), salt and crushed ginger, boil 5 minutes.

Reduce heat, put in fish, cover, cook over low heat 10 to 15 minutes, or until fish is cooked.

Remove fish from water, drain well, place on heated serving dish. Pour soy sauce over, sprinkle with finely-sliced shallots and sliced extra ginger. Heat oil until nearly boiling, pour over fish.

Serves 2.

TARAMOSOLATA

Peel and slice 250 g (8 oz.) potatoes, cook in boiling salted water until tender, drain well. Mash potatoes with 100 g (3½ oz.) can tarama (red caviar). Gradually beat in ¼ cup olive oil, ¼ cup lemon juice, 2 tablespoons water; add salt and 1 crushed clove garlic. Beat until evenly combined. Cover, refrigerate before serving.

Blender Taramosolata: Combine in blender 4 thick slices bread (crusts removed), contents of 100 g (3½ oz.) can tarama, ½ cup water, salt, ¼ cup lemon juice, ½ cup olive oil, 1 crushed clove garlic; blend on medium speed until smooth and creamy. Refrigerate before serving.

Note: Tarama is available at Greek and continental grocery stores.

DELICIOUS FISH SOUP



DELICIOUS FISH SOUP

500 g (1 lb.) fish fillets
 500 g (1 lb.) cooked
 prawns
 500 g (1 lb.) scallops
 30 g (1 oz.) butter
 1 medium onion
 2 sticks celery
 1 small green pepper
 1 clove garlic

1 cup dry white wine
 1 teaspoon worcestershire
 sauce
 1 teaspoon sugar
 470 g (15 oz.) can whole
 tomatoes
 2 cups fish stock or water
 3 tablespoons chopped
 parsley

Skin and bone fillets, cut into bite-sized pieces. Shell and de-vein prawns. Wash and trim scallops.

Melt butter, add peeled and finely-chopped onion, finely diced celery and pepper and crushed garlic, saute gently 3 minutes. Combine wine, worcestershire sauce, sugar and tomatoes with their liquid, add to pan with fish stock, bring to boil; reduce heat, simmer gently 5 minutes. Mash tomatoes with potato masher to make a puree.

Add fish pieces and scallops, cook 5 to 7 minutes, until fish is tender. Just before serving, stir in prawns and parsley, simmer 3 minutes.

Note: To make fish stock, combine skin and bones from fish, prawn shells, 4 cups water, 1 onion, roughly chopped, 1 bayleaf, few peppercorns, and a few sprigs of parsley. Bring to boil, reduce heat, simmer, uncovered, 20 minutes; strain and measure 2 cups for the soup.

Serves 4 to 6.

BREAM ROLLS



BREAM ROLLS

4 bream fillets

3 tablespoons lemon juice

8 king prawns

$\frac{1}{2}$ cup flour

salt, pepper

1 egg

$\frac{1}{4}$ cup milk

packaged dry breadcrumbs

oil for deep-frying

Skin fish, remove bones; flatten lightly if fillets are thick. Cover fillets with lemon juice, allow to stand 5 minutes. Place two shelled prawns in centre of each fillet, roll up and secure with small wooden stick. Roll in flour seasoned with salt and pepper, then in combined beaten egg and milk, then coat in breadcrumbs. Refrigerate 1 hour.

Heat oil, add fish rolls, reduce heat immediately (so that rolls do not brown too quickly), cook slowly 4 to 5 minutes or until rolls are golden brown and cooked through. Drain on absorbent paper. Serve with lemon wedges and Tartare Sauce (see Fish and Chips card.)

Serves 4 as an entree.